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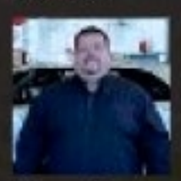
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ELISHA DACEY/METRO

Selinger calls PC opponent homophobic

MANITOBA ELECTION 2016

New Democrats go on the attack to preserve seats

NDP Leader Greg Selinger called his Progressive Conservative opponent homophobic and demanded to see his tax returns Monday — actions one analyst said are signs of increasing desperation with eight days left to go in the election campaign.

Selinger, whose governing New Democrats are trailing far behind the Tories, criticized Brian Pallister for voting against a law in 2013 that requires schools to allow gay-straight alliances set up by students.

"I think he's homophobic. He has to answer for himself for his views on that matter."

He also called on Pallister to release his tax returns to show whether he has used offshore tax havens.

"It's a question of transparency and accountability for where you put your money and whether you pay your fair share (in taxes)."

Selinger is ratcheting up his attack to stop NDP support from bleeding further, according to Paul Thomas, professor emeritus of political science at the University of Manitoba. "It is all about a defensive strategy at this point, of trying to mobilize their base and limit the number of seats that are lost," Thomas said.

Pallister responded by saying he has paid all his taxes and has supported same-sex rights for decades. "I was advocating for same-sex property rights for gay couples in the '80s, so I don't think I need anything but my record to stand by."

The Tories opposed the anti-bullying law on a number of grounds, including that it might infringe on the religious rights of private schools and saying the law was vague in how it defined bullying. THE CANADIAN PRESS

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metro NEWS
Your essential daily news

Trial begins for Georgia father who left toddler in hot car. **World**

Corporate sponsorship program in the firing line

FUNDING

Deal is labelled 'counteractive' as councillor slams scheme

Stephanie Taylor
Metro | Winnipeg

One Winnipeg councillor is calling into question the effectiveness of the city's sponsorship program.

On Monday, the committee on protection, community services and parks heard an update from city staff as to how corporate sponsorships are affecting clubs and community groups.

The discussion centred around an agreement to be inked with Jim Gauthier Chevrolet Ltd., for naming rights of two indoor ice rinks at the Garden City Community Centre's Seven Oaks Sportsplex.

According to a report headed to Wednesday's executive policy committee, the dealership would pay $500,000, plus general sales tax, over 25-years for rights to the two ice surfaces.

Coun. Russ Wyatt criticized the payment period length as counteractive to the overall purpose of the sponsorship program, intended to generate revenue in order to offset the costs of facility maintenance.

"It seems we're prostituting ourselves to corporate Winnipeg by handing over naming rights for next to nothing," he told Monday's committee.

Wyatt said once approved, the 25-year payment terms would set a precedent for future companies looking to ink a deal with the city.

Michael Jack, the city's chief operating officer, acknowledged the possibility, but said rights to assets are negotiated on a case-by-case basis.

Department staff said it takes roughly four months to sign an agreement, from the time a community group comes forward with a possible sponsor, citing the vetting process the city must undergo.

Given that length of time and the $3.3 million raked in over seven years, Wyatt said it is perhaps time to scrap the program all together.

Jack said eliminating the program would remove council oversight over corporate sponsorships, permitting agreements to happen organically between community board members and companies.

> **We're prostituting ourselves to corporate Winnipeg.**
> Coun. Russ Wyatt

SO WHAT'S IN A NAME? The cash behind Winnipeg's corporate deals

1. **Kinsmen Sherbrook Pool** — (2014)
2. **TD New and Noted area, Millennium Library** — (2013)
3. **Ackman/Shindleman Children's Program Room, Henderson Library** — (2011)

COMMUNITY CENTRES

Anger at delays in funding

Winnipeg councillors blasted senior bureaucrats Monday for what they called "unacceptable" delays in signing grant agreements with community centres.

The city's chief operating officer Michael Jack spoke to the committee on protection, community services and parks.

He said before a funding agreement could be finalized, administrative staff needed more details on how Valley Gardens Community Centre would spend $150,000.

Jack acknowledged there was a breakdown in communication between elected officials and city staff, characterizing what happened as "growing pains" within the legal department under a new grants agreement process.

Coun. Jason Schreyer called the matter "unacceptable," and lamented that as a councillor he bares the brunt of blame from community members.

"All they had to do was ask, and I made the mistake of leaving them alone," he said of the city's public administration.

"I did that for City Hall, and I made a mistake, and I won't do that again when it comes to the legal department," Schreyer said.

Coun. Russ Wyatt also voiced concerns that delays and confusion over receiving grant money may mean residents become fed up with volunteering at their local community centres. STEPHANIE TAYLOR/METRO

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Police warn of overdoses

FENTANYL

Three people now in stable condition after ingesting drug

Evan Matthews
For Metro | Winnipeg

Two people nearly died and one grew seriously sick, Winnipeg police said, after officers found three people in the throes of a Fentanyl overdose Sunday morning.

Const. Jason Michalyshen said officers were flagged down in the 1300 block of Main Street at roughly 4 a.m.

There, they found two people, a 31-year-old woman and a 55-year-old man, unconscious inside a car.

Police used a technique called sternum rubs and pressure points to try and wake the victims, but they were unresponsive.

"It was believed (the victims) were deceased," he said.

"They were completely unresponsive... (Officers) could not wake them up."

Luckily, paramedics managed to revive the two while transporting them to hospital. Both are now in stable condition.

Officers said had they found the pair minutes later, the outcome could have been different.

"We don't want people becoming statistics with respect to fatalities and drug overdoses," said Const. Michalyshen. "We want people to get the help they need."

A third victim, a 22-year-old man, was found shortly after. Police say his condition was less severe than the others and he is also in stable condition.

Const. Michalyshen said people using illicit drugs can't be sure of what chemicals are present or the dosages of what they're ingesting — effectively playing drug roulette every time Fentanyl is used.

Last August, police confirmed a Winnipeg man died of an overdose after using cocaine mixed with Fentanyl.

Then in January, the province introduced a Fentanyl task force, which uses a drug called naloxone to counteract the effects of Fentanyl.

There have been more 1,000 Fentanyl-related deaths Canada-wide in the last six years.

Const. Jason Michalyshen said if the victims had been found minutes later, the outcome would have been much different. METRO FILE

> **We don't want people becoming statistics.**
> Const. Jason Michalyshen

LITTER

Messiest part of city revealed: northwest

Northwest Winnipeg has earned the dubious honour of being the messiest street in Winnipeg after the winter melt.

The Take Pride Winnipeg 2016 Litter Index takes local streets and rates them on a scale of one to four, with four representing extremely littered.

This year's index shows the city is messier than it was last year, with an average index of 2.32 compared to 2.19 in 2015.

North west Winnipeg earned a score of 2.85, with parts of Keewatin Street, Oak Point Highway, the Perimeter, Kinver Avenue and Selkirk Avenue as being identified as the worst.

The neighbouring north central area didn't fare much better, with a score of 2.54.

However, downtown fared the best, with a score of 1.64, the lowest in the city.

The Litter Index is a precursor to Take Pride Winnipeg's annual clean up campaign.

METRO

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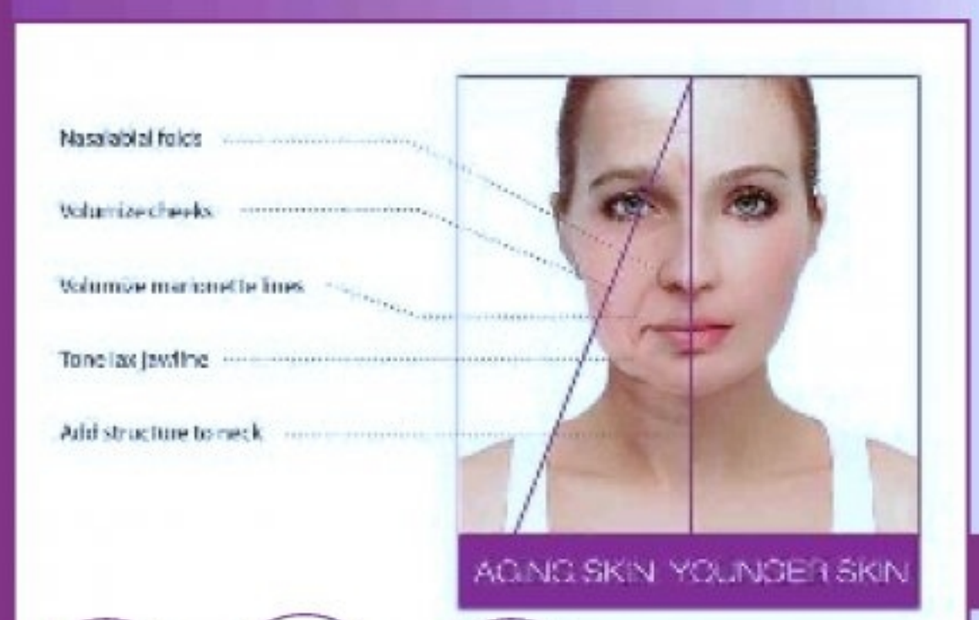

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PROFITABILITY

Bombers net $1M hosting Grey Cup

The Winnipeg Blue Bombers didn't play in last year's Grey Cup, but financially, they came out on top.

The team announced $7.1 million in net profit Monday as a result of hosting the game.

That number almost doubles the $3.2 million the club made after the 2006 festivities.

Triple B Stadium Inc., the company who helped improve the stadium prior to the game, took in $1.5 million out of the Bombers' profit.

The remaining $5.6 million will be invested into the team's plans for long-term stability, said Winnipeg Football Club CEO Wade Miller.

Visitor and local spending added up to an estimated $80 million in economic impact, said the team — mostly in the Manitoba capital.

The Bombers play their first pre-season game of the 2016 season on Wednesday, June. 8, against the Montreal Alouettes. METRO

IN BRIEF

Park seeking volunteers

The Assiniboine Park Conservancy needs 150 volunteers in a variety of roles. The newest position is volunteering with Zoo Camp Crew, working with children aged six to 12 under the direction of APC Education team.

Anyone 16 and up who loves the outdoors, wildlife and interacting with people is encouraged to apply through assiniboineparkzoo.ca.

METRO

PC candidate on hot seat over sanctions

PROVINCIAL ELECTION

Restrictions by doctor's college stem from 2006 misconduct

Manitoba's Conservative leader is standing by a candidate facing new restrictions from the College of Physicians and Surgeons of Manitoba — 10 years after his licence was temporarily revoked for professional misconduct.

Brian Pallister said it's up to the voters of Tyndall Park, where Naseer Warraich is running for the Tories, to decide whether he's fit for public office.

"All of us have made mistakes. He's owned up to his," Pallister said Monday. "My concern is that we make sure that we give the people of that riding the opportunity to decide and they can weigh in on the situation."

Documents posted on the college's website say Warraich — who is featured on the party's website wearing a white coat and stethoscope — is restricted as to where he can practise, how many patients he can see and how he documents encounters with his patients.

At least one out of every 10 of his office charts must be reviewed by a supervisor and he is banned from supervising or teaching any students. The restrictions were put in place in January.

Pallister said Warraich disclosed the new restrictions on his practice after his nomination last September but wouldn't say what prompted the college's action citing Warraich's right to confidentiality.

"That will be up to Dr. Warraich to answer at every door he goes to. That's the ultimate in transparency," Pallister said before his aide cut off reporters' questions.

Documents posted to the College of Physicians and Surgeons website lists the specific circumstances that **Naseer Warraich** is able to practice under as a doctor. YOUTUBE

Warraich did not reply to requests for comment.

College registrar Anna Ziomek declined to be interviewed but sent an emailed statement saying the college is prohibited by law from providing details on what prompted the new restrictions.

Warraich's licence was suspended for two years in 2006 and he was fined $16,000 after he co-signed prescriptions for U.S. patients he had never seen. The prescriptions were for up to 20 pharmacies, the college found.

Some of the prescriptions were for animals, although Warraich is not a veterinarian.

> **All of us have made mistakes. He's owned up to his.**
> Brian Pallister

The college said during its investigation that Warraich misled the college regarding how long he had been co-signing prescriptions and for how many pharmacies. He also initially told the college he spent 15 minutes reviewing patient information before co-signing a prescription.

The college said that in a later interview, "Warraich stated that, in fact, he had generally spent less time than that and sometimes as little as 20-30 seconds in reviewing each prescription."

Ziomek stated the new restrictions were not related to the 2006 disciplinary decision.

NDP Leader Greg Selinger said Warraich needs to be accountable for his actions to voters, but said Pallister has a role to play as well.

"It's up to the leader of the Conservative party to decide does he think that is a suitable person to serve the public when he's under very severe restrictions in how he practises as a doctor," Selinger said.

THE CANADIAN PRESS

INVESTIGATION

No child abuse charge for mountie

Manitoba's police watchdog says there's not enough evidence to lay charges against an RCMP officer accused of abusing a child.

The Independent Investigation Unit of Manitoba launched a review after Spruce Woods RCMP received a complaint last June.

It was alleged an officer physically abused a child between 2010 and 2015.

The investigation unit says in a news release that the matter is closed.

The unit also found insufficient evidence to lay charges after a suspected drunk driver collapsed and died after a request for a roadside screening test last July.

The investigation unit also says it is conducting an investigation into how an Ojibwa man from Sandy Bay was cut on the forehead while in custody.

The unit says he surrendered without incident on April 2, was taken to the Sandy Bay detachment of the Dakota Ojibwa Police Service for 11 hours and then to RCMP cells in Portage la Prairie.

He was taken to hospital in Portage on April 4 after suffering a laceration and bleeding on his forehead.

THE CANADIAN PRESS

REVIEW BOARD

The Independent Investigation Unit of Manitoba investigates all serious matters involving police officers both on and off duty across the province.

THE CANADIAN PRESS

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CDI college

Baldev Mutta, centre, CEO of Punjabi Community Health Services in Brampton, Ont., with his granddaughter Talon Mutta, left, and daughter Rakhi Mutta. Mutta is involved in initiatives to celebrate girls born to Indian parents. BERNARD WEIL/TORSTAR NEWS SERVICE

Study sounds alarm on our 'missing girls'

SEX DISCRIMINATION

Indo-Canadian birth data shows gender imbalance

A preference for boys among Indian-born parents may have contributed to a deficit of more than 4,400 girls over two decades in what researchers in a new study are calling Canada's "missing girls."

The research, presented in the Canadian Medical Association Journal and the online CMAJ Open, looks at more than six million births in Canada and reveals that a greater presence of boys among Indian-born mothers may in part be linked to abortions in the second trimester, when parents can learn the baby's sex.

The birth data was compiled from databases administered by Statistics Canada and the Institute for Clinical Evaluative Sciences in Toronto between 1990 and 2011, and 1993 to 2012, respectively.

"The main implication is that among some immigrant communities, males are placed at a higher value than females. This is not just about abortions, it is about gender equality," said lead author Marcelo Urquia of St. Michael's Hospital. "I hope that this is conducive to a respectful debate on the value of girls and women in today's Canadian society."

> **This is something that we cannot hide anymore.**
> Baldev Mutta

His study newly exposes a relationship between induced abortions and the previously reported large numbers of boys among Ontario's Indian community, said Urquia, noting the data likely explains an imbalance in the rest of Canada too. Some of the "deficit" of girls may be due to "implantation of male embryos," said Urquia, but the data is insufficient.

For Baldev Mutta, CEO of Punjabi Community Health Services in Brampton, Ont., it's a question he and other community leaders will have to face. With this new research, he says, it is "time for some soul searching," in the country's Indian community.

He helped launch an initiative that flips the script on a traditional celebration called a "Lohri," meant for celebrating the birth of a boy, but which Mutta and a group of young South Asian women have turned into a movement called Lohri For Her. TORSTAR NEWS SERVICE

G7 MINISTERS

Dion vows renewed anti-nukes effort

Foreign Affairs Minister Stephane Dion says Canada can help kickstart the world's stalled nuclear disarmament efforts by pushing for tougher controls to prevent terrorists from building a nuclear weapon.

Dion joined his G7 counterparts on Monday in calling for a renewed effort towards nuclear disarmament after visiting the atomic-bombed Japanese city of Hiroshima.

But the minister also appeared to express frustration at what many see as the glacial pace of nuclear disarmament efforts.

"It's a challenge because over the last 20 years, it's stalled," Dion said in an interview from Tokyo, adding that there's been "no major progress" on ridding the world of nuclear weapons in that time.

Dion said Canada will focus on the growing international effort to revive the Fissile Material Cut-off Treaty, or FMCT. It has been more than half a century since the United Nations embarked on creating the treaty, which would control the spread of nuclear materials.

THE CANADIAN PRESS

Stephane Dion, second from left, with his G7 counterparts at Hiroshima Peace Memorial Park. KYODO NEWS/THE ASSOCIATED PRESS

IN BRIEF

Officials link charities to terrorist financing

Federal revenue agency officials have handed senators detailed correspondence about six organizations whose charitable status was stripped over concerns about terrorist financing.

But the agency stresses that the fight begins with prevention.

The Senate defence and security committee has been pressing the revenue agency's charities directorate to provide the information since June of last year.

THE CANADIAN PRESS

Payment from Lac-Mégantic settlement fund contested

About 400 people are contesting the amount of money they have received from the $460-million Lac-Mégantic settlement fund for victims and creditors of the 2013 rail disaster, the man overseeing the cash distribution said Monday.

Roughly 10 per cent of the 4,200 people who received cheques were not satisfied with their portion, said Andrew Adessky of the firm Richter. Victims have so far received half their expected payment for moral damages.

THE CANADIAN PRESS

IN BRIEF

Sporadic fighting mars first day of Yemen ceasefire

A UN-brokered ceasefire was mostly holding across war-torn Yemen on Monday with scattered violations reported by both sides. Much of the remaining violence took place in the besieged city of Taiz, where shelling killed at least one person and wounded five, according to residents.

The truce between the Saudi-led coalition, which backs Yemen's internationally recognized government, and the Shiite rebels known as Houthis went into effect at midnight Sunday. THE ASSOCIATED PRESS

Israel to free Palestinian girl, 12, held in prison

A 12-year-old Palestinian girl who was imprisoned after she confessed to planning a stabbing attack in a West Bank settlement will be released early, Israel's prison service said Monday, capping a saga that drew attention to the dual legal system in the West Bank.

The case has put Israel's military justice system in a tough spot as it deals with a girl who has pleaded guilty to a crime, yet has not even completed the seventh grade. THE ASSOCIATED PRESS

Thailand to sentence drunk drivers to morgue work

To help combat the carnage on the country's roads during this week's traditional New Year's celebration, Thai authorities are going gory: Drunk drivers and repeat traffic offenders can be sent to work in hospital morgues to see the fruits of their irresponsibility.

Casual attitudes toward road safety give Thailand the second-worst record in the world for traffic fatalities.

THE ASSOCIATED PRESS

British Prime Minister David Cameron leaves 10 Downing Street in central London Monday to appear before MPs for the first time since it emerged he had profited from an offshore fund. STEFAN ROUSSEAU/THE ASSOCIATED PRESS

David Cameron defends tax affairs

PANAMA PAPERS

Britain acting to stop evasion in overseas havens: Leader

British Prime Minister David Cameron fought back Monday after days of criticism over his finances, lashing out at what he called hurtful and untrue claims about his late father's investments sparked by leaked details about the offshore accounts of the rich and famous.

Trying to restore his government's shaken reputation, Cameron insisted that "aspiration and wealth creation are not somehow dirty words" and said Britain was acting to stop evasion in its overseas tax havens.

Cameron has been under mounting pressure since his father, Ian Cameron, was identified as a client of a Panamanian law firm that specializes in helping the wealthy reduce their tax burdens. The prime minister initially refused to say whether he had a stake in Blairmore Holdings, an offshore firm established by his father, before acknowledging he had sold his shares in it shortly before he was elected in 2010.

"I accept all of the criticisms for not responding more quickly to these issues last week," Cameron told lawmakers in the House of Commons. "But as I said, I was angry about the way my father's memory was being traduced."

Cameron said his father, who died in 2010, had set up an investment fund overseas so it could trade in dollar securities — "an entirely standard practice and it is not to avoid tax." He said millions of Britons had investments in such funds through their workplace pensions.

Revelations about the Cameron family finances — found among more than 11 million documents from the Panamanian law firm Mossack Fonseca — have overshadowed the government's claim that it is committed to closing tax loopholes. Cameron has championed greater financial transparency, and is due to host an international anti-corruption summit in London next month. THE ASSOCIATED PRESS

IN CANADA

The Canada Revenue Agency is boosting its efforts to hunt down tax dodgers — including those who shelter cash offshore — under an expanded plan expected to recoup $2.6 billion in unpaid taxes over the next five years.

The agency shared some specifics Monday on how it will improve detection, auditing and prosecution of tax cheaters with help from a five-year, $444-million government commitment.

THE CANADIAN PRESS

GEORGIA

Trial begins in hot SUV death

The judge overseeing the trial of a Georgia man accused of intentionally leaving his son in a hot SUV to die heard on Monday from about a dozen potential jurors who said they had scheduling conflicts. Two were excused.

Justin Ross Harris, 35, faces charges including murder in the June 18, 2014, death of his 22-month-old son, Cooper. Police have said the boy died after spending about seven hours in the SUV on a day when the temperature in the Atlanta area reached at least into the high 80s F (over 30 C).

Prosecutors have painted Harris as a man unhappy and unfaithful in his marriage who sought an escape and intentionally left the boy to die. Defence attorneys have called the boy's death a tragic mistake that Harris will have to deal with for the rest of his life.

He was indicted in September 2014 on multiple charges, including malice murder, felony murder and cruelty to children. That indictment also includes charges related to sexually explicit exchanges prosecutors say Harris had with an underage girl.

The extensive local and national news coverage of the case from the beginning will likely make it extremely difficult to find jurors who haven't heard or read about it. THE ASSOCIATED PRESS

Justin Ross Harris
THE ASSOCIATED PRESS

TRANSIT TUESDAY
Weekly Transit News Update

HARSHER PENALTIES FOR TRANSIT ASSAULTS

Winnipeg Transit will be rolling out a new awareness campaign to remind the public about changes to the Criminal Code of Canada (Bill S-221) which aims to further protect public transit operators. Under the new law, threatening or assaulting a transit operator shall be considered an aggravating offence by the court when imposing a sentence for the offence.

Bill S-221 amended the Criminal Code to create a new aggravating factor for the purpose of sentencing offenders convicted of five specific offences and where the victim was at the time of the offence, a public transit operator engaged in the performance of his or her duty. The five specific Criminal Code offences include:

- Uttering threats
- Assault
- Assault with a weapon or causing bodily harm
- Aggravated assault
- Unlawfully causing bodily harm

The "Your Next Stop" campaign features a photo of a jail cell with the following line, "Assaulting a bus driver could make this your next stop." The campaign will be seen on buses, transit shelters and benches.

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Winnipeg
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People who use Messenger and Skype for online chats can soon expect to see businesses offering information and other services with the help of messaging "bots." PATRICK SISON/THE ASSOCIATED PRESS

The chatbots are at your service

TECHNOLOGY

Why you might soon be texting robots as often as your friends

The robots are coming ... to help run your life, or sell you stuff, at an online texting service near you.

In coming months, people who use Facebook's Messenger app, Microsoft's Skype and Canada's Kik for online chats can expect to find new automated assistants offering information and services at a variety of businesses. These messaging "chatbots" are basically software that's capable of human-like conversation — and of doing some simple jobs once reserved for actual people. Google and other companies are reportedly working on similar ideas.

In Asia, such software butlers are already part of the landscape. When Washington, D.C., attorney Samantha Guo visited China recently, Guo said she was amazed at how extensively her friends used bots and similar technology on the texting service WeChat to pay for meals, order movie tickets and even send each other gifts.

"It was mind-blowing," said Guo, 32. U.S. services lag way behind, she added.

> **Bots are the new apps.**
> Microsoft CEO
> Satya Nadella

Online messaging has become routine for most people, offering more immediacy than email or voice calls, said Michael Wolf, a media and technology consultant. Messaging services are now growing faster than traditional online social platforms like Facebook or Twitter, according to research by Wolf's firm, Activate.

And experts say messaging bots can handle a wider range of tasks than apps offered by retailers and other consumer businesses. In part, that's because bots can recognize a variety of spoken or typed phrases, where apps force you to choose from options on a drop-down menu. Reaching a chatbot can be as simple as clicking a link in an online ad or scanning a boxy bar code with a smartphone's camera; a special-purpose app requires a download and often a new account sign-up.

"Bots are the new apps," Microsoft CEO Satya Nadella said last month.

THE ASSOCIATED PRESS

IN BRIEF

Canadian Pacific abandons bid for Virginia-based firm

Canadian Pacific Railway has given up on its attempt to merge with Norfolk Southern Corp., days after the U.S. Justice and Defense departments raised concerns about the proposed takeover of the Virginia-based company.

Calgary-based Canadian Pacific initially proposed the deal in November, which would have created the largest railroad in North America.

THE CANADIAN PRESS

CRTC

No guarantee of speedy Internet

Canadians may want fast Internet access everywhere in the country, but that doesn't mean it will be guaranteed by Canada's telecom regulator.

Canadian Radio-television and Telecommunications Commission (CRTC) chairman Jean-Pierre Blais says any speed or service level his agency finds ideal won't automatically mean regulatory action to ensure it's accessible to everyone.

Blais opened exhaustive hearings Monday into whether high-speed Internet access should be a basic service and what that could mean. But he said it will be up to participants to demonstrate why the CRTC should act and why market forces are not enough to ensure the public's need for Internet services is being met.

"As it is crucial not to confuse 'wants' with 'needs,' the CRTC is asking parties to take a fact-based and objective approach to these discussions," Blais said in an opening statement to the hearings.

Since 2011, basic telecommunications services in Canada have been defined by the CRTC as touch-tone phone service, low-speed Internet, access to long distance, directory assistance, enhanced calling and privacy protection features, emergency services and voice mail.

The regulator also mandates that Canadians be provided with a printed version of their local phone book on request.

By the beginning of last year, 96 per cent of Canadians had access to the Internet at download speeds of at least five megabits per second, according to the CRTC.

THE CANADIAN PRESS

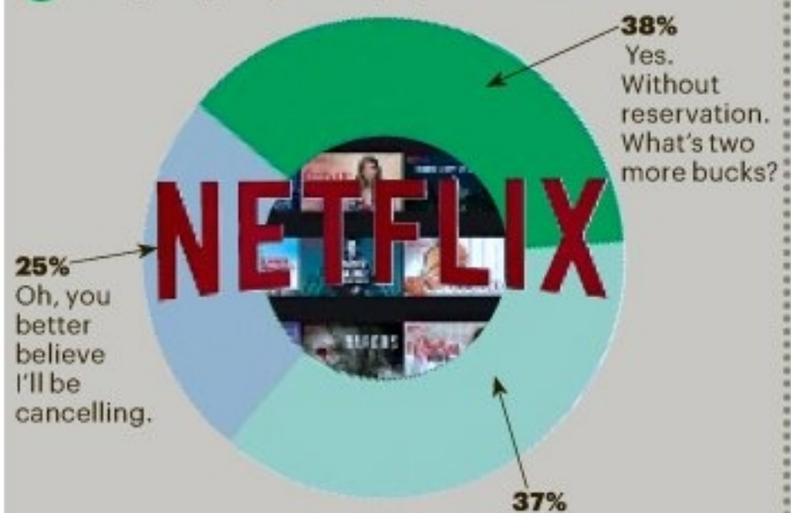
metro VIEWS
Your essential daily news
Tuesday, April 12, 2016

METRO POLL

Is Netflix asking for too much?

Streaming glad or screaming mad?
Don't look now but Netflix has its hand out and it's looking at you, early adopters. Having already raised subscription rates for new members, the streaming giant will in May begin charging its legacy subscribers $9.99 a month for service that has, since launch, cost $7.99 a month. This, in the wake of the company's recent crackdown on "unblocking" services. We asked our readers to weigh in.

1 Are you going to keep your Netflix account?



2 What monthly services do you pay for?

48% A cable or satellite package
40% Netflix
6% Shomi
4% Crave
40% Both cable and at least one streaming service

WE ASKED Metro readers

Are you joking, Netflix!??

$9.99 is still good value.

Frustrating interface. Stale content. Lack of new features. And now price increase?

It's all free somewhere. Netflix was just easier. But if you start gouging, you lose me!

A pack of cigarettes costs $15.00 and that's without the taxes thrown in. So I would say Netflix is still really a great deal.

The hidden costs behind the subscription are the data fees, which make it an extremely expensive service if you watch a lot of movies.

visit metronews.ca
HAVE YOUR SAY

If we wanted more out of the election, we'd ask

INSIDE THE PERIMETER
Shannon VanRaes

If Manitobans are looking for real change, they aren't going to find it on April 19.

Sure, there might be a different party in power the following day, but unless there's a sudden groundswell of support for the Green Party or the Communists pull off something epic, voters are in for — at most — a slight variation on the status quo.

In every election, be it provincial or federal, one party is inevitably labelled the "party of change," but the moniker rings hollow. Change in most elections simply means swapping one long-established party following a predictable set of policies for another long-established party with another predictable set of policies.

Both the NDP and the Tories have held the line in this respect. Progressive Conservative leader Brian Pallister released his party's platform last week, and not surprisingly it contains few details but does devote pages to slamming the NDP and promising to cut taxes and shrink government.

Likewise, the NDP have stayed with their traditional ground. They say the party will protect doctors, nurses and teachers while Brian Pallister will run amok with scissors.

And while the Liberals' platform has been a surprising hodge-podge of populist half-measures, I will go out on a limb and suggest the party will remain predictable by again failing to win any significant number of seats in the legislature.

All that said, it still doesn't explain the disappointing lack of originality that this election has brought us so far. Maybe the candidates and parties are playing it safe. Maybe nobody wants to rock the boat. Or maybe the blame lies with the electorate for not pressing candidates and parties for actual reform.

The truth is that things aren't so bad in Manitoba.

Sure there's always room for improvement — better flood mitigation, newer infrastructure, shorter wait times, stronger growth, safer communities — but citizens of this province haven't so much been clamouring for change as politely nagging for tweaks and improvements.

We all want the same things done slightly better, costing slightly less and happening just a little faster. Change in this election has become less about real shifts in values, and more about whether we feel comfortable with the party leaders, and whether it seems like a change is due, not deserved.

So, yes, change is coming to Manitoba this spring, but it's going to be small change. It will be counted by seats and measured by polls, but it will not be substantive and it won't move the province in a new direction.

If there is a desire to fundamentally change how we operate as a province, how services are provided and how taxes are collected, I haven't seen much evidence of it and neither have our politicians. We are getting what we've asked for, and that's not much.

Shannon VanRaes is a Winnipeg-based journalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. She can be reached on Twitter @ShannonVanRaes.

ROSEMARY WESTWOOD
metroview

To yearn for Bern is to be the quintessential young Canadian lefty

It's a special insult that the U.S. is even doing socialism better than us.

Rhetorically, in any case.

We might be living in the pseudo-utopia of Bernie Sanders' acolytes' dreams, with our health care and restrictions on campaign spending, our sick leave and mat-leave culture. But they have something that we want, too: Bernie himself.

Our supposedly lefty champion, Thomas Mulcair, saw his leadership future end with a hollow thud this weekend (the NDP voted to replace him, which could take a few years). Sure, he had his "pitbull" moments in the house, but did anyone #feelthe... Nope.

Meanwhile, Sanders is more popular on Canadian millennial Facebook feeds than cats and puppies combined. Sure, he's cute in that scruffy, stray-dog kind of way. But it's not the cuddliness. It's the honesty.

Still dreaming they'll never turn cynical, young Canadians are primed to value not only the message of Sanders's democratic socialism, with its focus on free universities and its rage against soulless corporate greed, but also the vessel. Here's a man who has, for decades, been singing the same tune. Unlike the party-swapping Mulcair, Sanders is the grandpa who really DID walk to school in the snow, uphill, both ways.

It's for others to deduce what caused the NDP's implosion. But I spoke to enough young voters during the campaign to know their idealism was ill met in the NDP's platform, and its portrayal of a stiff, somewhat shifty leader.

Of course, I could dream up a more perfect candidate than Sanders. One that shatters at least one of the gender and race biases in politics. One with a stricter stance on guns. And Sanders is controversial among black American voters.

It's also worth wondering whether Sanders would be as beloved if he weren't also a slightly cantankerous New Yorker — is our love just an extension of our enduring fascination with America itself? The political equivalent of wanting to visit Detroit? And if we lived there (in Detroit, in the U.S.) would it seem as romantic?

Still, it's laughable that we're more afraid of socialism, the word, than America is right now: the NDP voted in 2013 to scrap that term from its constitution, partly so it wouldn't become an issue in the 2015 election.

Canada needs a solid left. A socialist party that walks and talks like one. One that champions the growing poor and fights against impunity among the rich (ahem, #panamapapers). We deserve a chance to vote for a leader who meaningfully defends the socialism already at work here.

I might not always vote for him, or her, but my generation, in large part, will.

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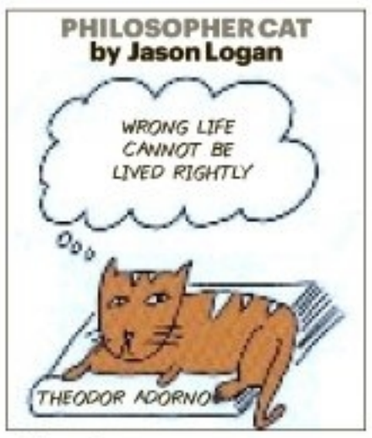

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metro LIFE

Your essential daily news

Gloria Steinem to host, produce series about violence against women for Viceland

'I am fat and I am proud'

It's an interesting time for the body-positivity movement. Amy Schumer took on Glamour magazine last week for calling her "plus size" and clothing retailer Addition Elle was criticized for firing an employee after she used the term "fat lady" in an endearing way. As the issue of labelling polarizes the plus-size community, Metro asked fashion blogger and entrepreneur Karen Ward about taking ownership of words used to hurt us.

Karen Ward
For Metro

I am adorably chubby, a freckle-faced eight-year-old waiting her turn for the monkey bars. A bully pushes me aside forcibly. I tell her I was waiting in line. She tells me to shut up and calls me a "fat tubba lard."

This is why the reclamation of the word "fat" is so contentious. But it's also why it is so important. Twenty years later I am on the front lines of the body positivity movement in Toronto. I have been told all my life, either implicitly or explicitly, that I do not deserve the space I occupy or the beautiful clothing on my back because I am "fat."

In 2010 I started my blog Curvy Canadian, offering shopping tips, lists of stores that ship to Canada, and fashion inspiration to plus size Canadian women. Plus size clothing options are seriously lacking, and in 2012, I opened my own clothing store in Toronto, Your Big Sister's Closet.

I believe in the transformative power of dressing well. Fashion is a language, and plus size women have lacked the words so long that we barely know how to speak.

One of my customers, a petite brunette who just graduated from high school, was so shy when I first met her that she couldn't even talk to me or make eye contact. She's been back many times since then and she's blossomed — shedding baggy sweats for my most dramatic pieces, her head held high while wearing her new electric blue pouffy skirt, and her voice audible. She is why I do what I do.

Body positivity is a social justice movement that reinforces that everyone, no matter their size, age, race, gender, disability, or appearance, is worthy of the right to be proud of their body.

The body positivity community in Toronto is leading the charge to change perspectives. Reclaiming the word "fat" is an important part of the movement.

The word "fat" has always been a "bad" word — used as an insult, and a cruel one at that, which is why plus size mega retailer Addition Elle fired store associate Connie Levitsky for using it.

"Fat" is much more value-laden than any other physical descriptor: tall, short, blond, brunette. None of these hold the same ability to hurt as "fat," which is why we need to reclaim this word. We need to strip it of its ability to hurt, shed the negative connotations it has accrued, and use it to label ourselves. Doing so is a highly subversive act.

From left: Sarah Taylor, reigning Miss Plus Canada; blogger Laura Caravaggio; blogger and boutique owner Karen Ward; Ophilia Alleyne, 2014 Body Confidence Canada Award Winner; Thera Warren, plus-sized stylist and blogger. LIZ BEDDALL/METRO

I applaud Levitsky both for using the term and for speaking out about her firing. It has shed much-needed light on our movement, and educated brands like Addition Elle.

This issue of labelling has been polarizing in the plus-size community. Supermodel Ashley Graham has been criticized for participating in the #droptheplus movement, a campaign devoted to eliminating the "plus size" label altogether.

Fans are angry because Ashley is the face of so many brands that cater to plus size women such as Lane Bryant, Addition Elle, Forever 21+, and department stores like Saks and Nordstrom, and this has helped her get to where she is, but some people feel that she is forsaking the plus size industry and community by denying the term.

It would be wonderful if we could get rid of all these labels and just BE. Unfortunately, we're just not there yet. We're not at the point where we can throw away the labels that help us organize our advocacy. There is still so much work to do.

Just as second-wave feminists rallied as one loud, unified voice, so must we before we can enjoy what a third-wave body positive activism will bring — a celebration of individuality without labels. We're getting there. Slowly.

When I started my blog six years ago I initially titled it "Canadian Fatshionista," but changed to "Curvy Canadian" because I worried that brands like Addition Elle wouldn't work with me and that I might alienate readers.

Now, I would choose "Canadian Fatshionista" without hesitation — not because I believe that attitudes have changed, but because I have come so far in my own body positivity.

I can now own that word. It's time to take it back. I am fat, and I am proud.

When you're Aniston's yoga teacher

INTERVIEW

Mandy Ingber breathes deep and doesn't let it go to her head

While she may not have been spotted at Central Perk, celebrity yoga instructor Mandy Ingber has played a "friend" in an extended episode of Jennifer Aniston's real life. Call it The One with All the Yoga.

Ingber, who credits her yogi father for raising her on the craft, is a former actress herself who played Annie Tortelli in Cheers and short-lived spinoff The Tortellis. Today she's a New York Times bestselling author and creator of an instructional workout DVD inspired by her fitness philosophy she calls "Yogalosophy."

Inger spoke with Torstar from Los Angeles about her famous friend and her fitness values, outlined in her upcoming book Yogalosophy for Inner Strength: 12 Weeks to Heal Your Heart and Embrace Joy (Seal Press: $33.95), out May 20.

What inspired you to make yoga such a big part of your life?
Jennifer (Aniston) actually was the one who pushed me. I started teaching her and she started talking about me. It just happened.

You've instructed her for years. How have you seen her progress?
It's been a long time, like 11 years or something. She started at a time when she was going through a divorce; it was a trying time, and it was a transitional time. At that point, I think it was really just finding a way to have acceptance and presence to what she was feeling. Sometimes moving your body can bring you into a better place mentally and emotionally. I think practising yoga on a daily basis brought her to a better place where she was comfortable in her own skin no matter what was going on.

You talk a lot about the "yoga mentality." What does it mean to incorporate that into other workouts that aren't necessarily yoga?
If you don't do yoga, it doesn't mean that you can't have a sense of detachment, which means not attaching yourself to your thoughts or your emotions. To be able to have a little bit of separation from the negative part of yourself that wants to quit. It starts physically by the breath; how does my heart feel pumping my blood? Then we start to notice our thoughts, and we redirect out thoughts, gain some control, gain control over the breath.

TORSTAR NEWS SERVICE

CHALLENGE

Toe the line with this fun foot stretch

YuMee Chung
Torstar News Service

Tabi are Japanese split toe socks, designed to be worn with traditional thonged footwear. They were the socks of choice for samurai during Japan's feudal era and are still sported by many martial artists. Learn to isolate you toes with this simple stretch.

If your toes aren't overly cooperative, use your hands to manually pull the smaller toes away. CONTRIBUTED

Tabi Toes

1. Sit on the floor with legs outstretched and feet side by side. Flex your ankles until the soles of the feet are vertical — the ankles should resemble standing ankles. Spread your toes.
2. Press both big toes away from you while bringing the remaining toes back in the opposite direction. If the toes aren't overly co-operative, use your hands to manually pull the smaller toes back while you focus on the reach of the big toes. Feel free to bend your knees when reaching for the toes.
3. Now, find the opposite action: Move the big toes towards you while curling the remaining toes away. If this is challenging, push the smaller toes away with your hands while you focus on pointing the big toes back toward you.
4. Aim for ninja-like precision as you repeat the exercise, gradually speeding up as the intrinsic muscles of the feet get stronger and more co-ordinated. Complete eight rounds. Practise this regularly to improve your balance and get lighter on your feet.

If the arches of your feet cramp up while trying Tabi Toes, give them a little stretch and a massage before attempting to complete the exercise using 20 per cent less effort.

This kind of cramp is the result of overwork and neurological confusion; the pattern of cramping should resolve with practice.

Toeing the line between foot fact and fiction

The toes help us to balance and propel us forward when we walk and run. Test this out by lifting the toes while attempting to balance on one foot or while jogging. The big toe carries more weight than any other toe, bearing about 40 per cent of the load. The big toe is also the last part of the foot to push off the ground when taking a step.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

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CAMP GUIDE

Why kids love summer camp

With spring just underway, many parents have already started the search for their kid's summer day camp. Picking a fitting camp for your child is one thing but understanding why camps benefit your child is another.

First off, day camps offer your child an opportunity to develop physically.

"The big focus for us is exposing the children to sports. It's a great chance for kids to try an array of new sports and see what they might like to pursue in the future," says Ben Gallaher, coordinator of the green and gold sports camps held at the University of Alberta. Be it a sports camp or one devoted to art or cooking, daily activities are always integrated into the schedule to ensure everyone stays active throughout the day.

Secondly, a trip to camp should allow your child to discover their personal identity. So they didn't excel on the basketball court but instead realized they were very good at science. Each child at camp goes on a journey during which they become more familiar with themselves and their skills and talents.

Campers are also instilled with confidence from the whole experience by mixing with others, playing sports and games and ultimately making decisions. "We see the children develop an interest in sports, which is due to our excellent staff of varsity athletes and university students. By the end of the week the kids have more purpose about them and are eager to find out how they can continue to play the sport they are best at," added Gallaher.

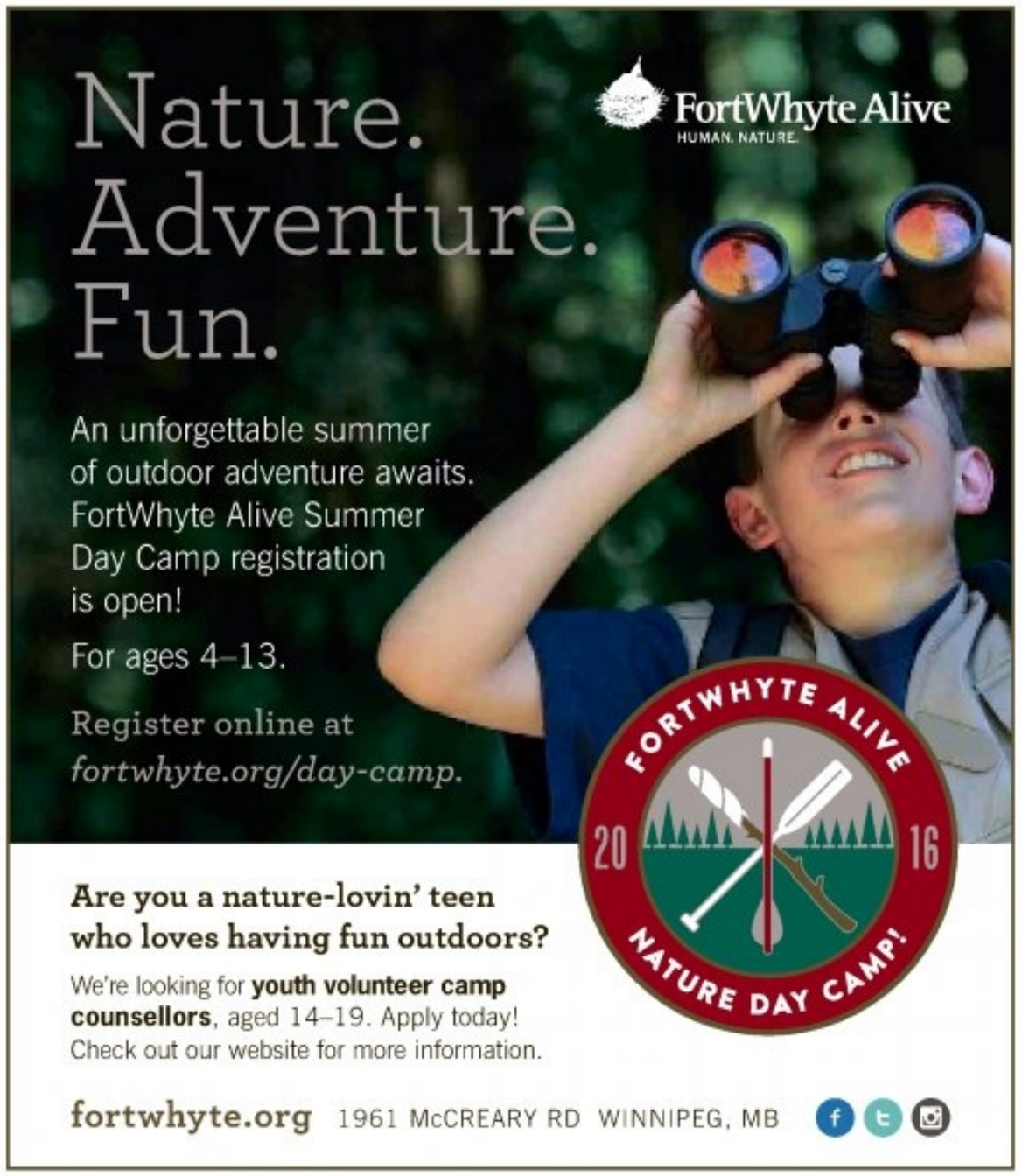
In today's overprotective parenting world, children can sometimes be over coddled, so it's helpful for their development if they have a certain amount of independence. This confidence and independence will be bolstered by a sense of belonging to a tight group, not to mention the future friends your child will make along the way.

Another modern day problem that day camps can help remedy is our children's infatuation with technology. Excessive social media use and/or video gaming can take the innocence out of growing up so give your child a taste of what your own childhood was like. This means lots of carefree and active time outdoors and interacting with others in person rather than online or by phone.

To top it off parents will have that little bit more time to themselves to enjoy the sunnier months so consider doing your child and yourself a favour this summer.

-Eoin Weldon

ISTOCK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FORTWHYTE: FUN AND FUTURE-FOCUSED

This summer, canoeing, hiking, archery, swimming and making friends, can help youth ages 14 to 19 land a job. FortWhyte Alive, an award-winning environmental destination, is recruiting about 110 new youth volunteers for its day camp, which runs from July 4 to Aug. 26.

"It's an opportunity to learn about safe camp, be a volunteer, do fun things with like-minded people and learn about caring for youth ages four to 13 under supervision," said Sharyl Eaglesham, volunteer resources manager. Eaglesham said counsellors use the skills they learn at camp all the way to university and work.

"When you're 14 years old and you're applying to your first job, you usually don't have anyone to use as a reference but they can use me," she said.

Counsellors have told her that the responsibility makes them feel grown up and that they love connecting with campers. This opportunity can even lead to more volunteer and paid opportunities at FortWhyte.

"FortWhyte attracts really amazing people who care about nature so the counsellors have made those connections — many long-term friendships have been formed here," she said.

Youth who like the outdoors and enjoy being with kids would make a great fit, Eaglesham said.

"I say to parents and anyone out there, if you know of a youth, encourage them to sign up because it's a great experience."

Applications are available at fortwhyte.org. Counsellor interviews begin May 7 and counsellors will be trained from June 27 to 30.

Y's wilderness canoe trip perfect for teens

Planning on sending your child on an unforgettable adventure this summer? Then who better to trust with this vital developmental experience than Camp Stephens through the YMCA-YWCA of Winnipeg. This year is the camp's 125th anniversary and it holds the prestigious honour of having more summers operated than any other camp in Canada. Rest comfortably in the knowledge that your fees are going to a worthy and charitable organization with the mission of the YMCA-YWCA of Winnipeg to nurture the growth of young people and their communities.

If camp isn't the preferred option for your teen and you really want to galvanize them for the challenges of life, then a Camp Stephens' wilderness canoe trip is the appropriate choice. "Our canoe trips are actual real-life adventures," says director of Camp Stephens Mat Klachefsky. "You never know what's going to happen. It's exciting. It really provides kids with a sense of accomplishment and teamwork. It's a great adventure." For periods ranging from two to six weeks, participants — teenagers aged 13 to 17 — are sent to some of Ontario's most remote and stunning areas. Hard work is required daily as the routes are labourious and tricky but rewards come in good time as does a growing sense of achievement. As the days roll by strong friendships are forged and, amid the vast, calming beauty, participants may catch a glimpse of wildlife while learning valuable survival skills and life lessons. These canoe trips have been running for 50 years and your loved ones will be under the watchful eye of our dedicated, highly qualified staff, many of whom are former campers or canoe trippers.

If all of that sounds enticing and exciting and you'd like to tag along, then consider the Family Camp Canoe Trip. These three-day trips aren't as labour intensive, allowing families to bond over the experience in more in comfort. A typical day consists of three to five hours paddling, maybe a dip in the water and finding the ideal lunch and camping spots. On top of this, your family can start the day collectively taking in a sunrise and end it soaking in a sunset by the campfire. Let the memory making begin.

CONTRIBUTED

For more information, visit: ywinnipeg-camps.com.

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FOR MORE INFORMATION: 204.831.3157 • YWINNIPEG.CA/CAMPSTEPHENS

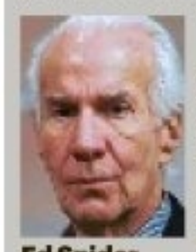
metro SPORTS

Stephen King says new protective netting in MLB is "one more step toward taking the taste and texture out of the game I care for above all others"

IN BRIEF

Flyers founder dies of cancer at age 83

Ed Snider, the Philadelphia Flyers founder whose "Broad Street Bullies" became the first expansion team to win the Stanley Cup, has died after a two-year battle with cancer. He was 83.



Ed Snider
GETTY IMAGES

The Flyers said he died early Monday morning.

Upon hearing that the National Hockey League was going to expand from its original six teams to 12, Snider petitioned the league and was awarded an expansion club in 1966.

THE ASSOCIATED PRESS

Sabres GM says blood clot ends McCormick's career

Buffalo Sabres general manager Tim Murray says forward Cody McCormick has decided against resuming his NHL career a year after a blood clot was found in his left leg.

McCormick has not played since scoring a goal on Jan. 10, 2015, a day before he was hospitalized after the clot was discovered.

THE ASSOCIATED PRESS

Maurice warns of more pain

NHL

Jets coach points toward team keeping a young roster

Paul Maurice had a warning for Winnipeg Jets fans who think the team's playoff hopes were hurt by its youth movement this season.

There could be more pain around the corner, the coach said Monday after exit meetings with players who will leave the city and the team's disappointing 35-39-8 record behind them.

"I would like to see the best players make our team," Maurice said. "And if they're all young guys, they're all young guys.

"If that means, in the Central Division, that you've got to take a knock or two, I think that is the best thing for the organization."

Maurice's comments came after the Jets added another young piece to their roster on Monday, announcing the signing of University of Michigan star and Hobey Baker finalist Kyle Connor.

The 19-year-old native of Shelby Township, Mich., racked up an NCAA-leading 71 points in 38 games, including 35 goals in his freshman season.

The Jets signed University of Michigan star and Hobey Baker finalist Kyle Connor, top, on Monday. AARON LAVINSKY/STAR TRIBUNE VIA THE ASSOCIATED PRESS

While players talked about how the team's youth impacted the product in good and bad ways — 11 rookies got playing time — Connor's addition was seen as great news.

"That's awesome," centre Mark Scheifele said. "It's good for us. He looks like an unbelievable player. I know I'm excited to meet him for sure."

Scheifele's star also rose during his third season with the Jets, so much so that the 23-year-old's name was mentioned alongside popular veteran Blake Wheeler when players were asked who could be the team's next captain.

Maurice and management will choose the player to replace former captain Andrew Ladd, who was traded to Chicago in February, but no timeline has been given.

Rookie winger Nikolaj Ehlers, who finished the season on a line with those two candidates, cast his vote for a young captain.

"I think a guy like Scheif," said Ehlers, who notched 38 points in 72 games. "He's a young guy, but he has a good, big mouth, if you know what I mean.

"He's a really good guy on and off the ice. He really gets the guys going. We have lots more guys like that, but I think that Scheif is a guy that steps up really well."

In his third season, Scheifele tallied a career-high 61 points in 71 games, including a team-high 29 goals. He ended with a 10-game point streak of 15 points.

THE CANADIAN PRESS

MATCHUPS

EASTERN CONFERENCE
Atlantic Division

(1) Florida vs.
(WC1) New York Islanders

(2) Tampa Bay vs.
(3) Detroit

Metropolitan Division

(1) Washington vs.
(WC2) Philadelphia

(2) Pittsburgh vs.
(3) New York Rangers

WESTERN CONFERENCE
Central Division

(1) Dallas vs.
(WC2) Minnesota

(2) St. Louis vs.
(3) Chicago

Pacific Division

(1) Anaheim vs.
(WC1) Nashville

(2) Los Angeles vs.
(3) San Jose

"No hard feelings, but I deserve better."
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SimplyRecycle.ca
MMSM
Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING

Story to remember

MLB

Cooperstown already calling on red-hot Rockies rookie

Manager Walt Weiss told rookie Trevor Story when he reported to spring training that he had a chance to win the starting shortstop job for the Colorado Rockies, with veteran Jose Reyes on paid leave while facing legal issues.

Then, he sat back and wondered how the 23-year-old would handle his opportunity.

"You see young players go either way. Sometimes it's too much for them at an early age," Weiss said. "Trevor went the other way. He elevated his game. I never saw the game get too fast for him in spring training. It's nice when pressure brings out the best in people."

Nobody in major-league history ever had a first week like Story did: a record seven home runs in his first six games, including homers in his first four starts.

"It has been fun so far," Story said Sunday after hitting a solo shot in Colorado's 6-3 win over San Diego, giving him 12 RBIs and putting him on a ridiculous pace for 189 home runs and 324 RBIs this season.

OK, that won't happen. But that's the kind of start Story had in his first week in the majors.

Cooperstown already has Story's helmet and batting gloves.

"They asked for the bat," Story said, "but I couldn't give up the bat."

Story, who averaged 14 home runs in his five minor-league seasons, has no explanation for his sizzling start.

"I just clear my mind, compete with my eyes and react with my hands," he said.

THE ASSOCIATED PRESS

500

Of the 27 players in the 500-homer club, Willie McCovey needed the fewest games — 18 — to reach seven home runs back in 1959, according to STATS. Barry Bonds needed 38, Hank Aaron 49, Babe Ruth 68 and Alex Rodriguez 77.

Trevor Story will try to keep up his unprecedented offensive start when the Rockies begin a series against the Giants starting Tuesday. DOUG PENSINGER/GETTY IMAGES

IN MINNEAPOLIS

Winless Twins are not 'freaking out'

Even when the Minnesota Twins catch a break, it doesn't take long for things to take another turn for the worst.

Austin Jackson hit a two-run single in the fourth inning one pitch after narrowly missing a grand slam, lifting the Chicago White Sox over Minnesota 4-1 on Monday to spoil the Twins' home opener and stretch their season-opening losing streak to seven games.

0-7

This is the worst start for the Twins franchise since the original Washington Senators lost their first 13 games in 1904, according to STATS.

"I know people think we're freaking out, but we're not," Twins third baseman Trevor Plouffe said. "I think we're pressing a little bit. I think that's pretty obvious."

The Twins were 0 for 6 with runners in scoring position and are a league-worst 5 for 55 in those situations this season.

THE ASSOCIATED PRESS

MORE MONDAY BASEBALL

ORIOLES 9, RED SOX 7
Chris Davis hit a tiebreaking, three-run homer off new Boston closer Craig Kimbrel in the ninth inning and drove in five runs, carrying the Baltimore Orioles over the Red Sox 9-7 Monday in David Ortiz's final home opener.

CARDINALS 10, BREWERS 1
Michael Wacha (1-0) allowed four hits in six scoreless innings, and St. Louis had 10 extra-base hits in its home opener.

Jeremy Hazelbaker was 4 for 4 with a triple, double and sacrifice fly, lifting his average to .526, and fellow rookie Almedys Diaz had two doubles.

Jonathan Huberdeau got an early start in growing his playoff beard. GETTY IMAGES

NHL

Panthers unproven in hairy situations

Plenty of young players in the Florida Panthers' locker room are getting exposed to the Stanley Cup playoffs for the first time, and some are already struggling.

Not in the hockey sense.

Problem is, a few fresh-faced Panthers — well, they can't grow beards.

"It might be an issue," Florida forward Nick Bjugstad said Monday, running his fingers along the few wisps of scraggly blond hair barely covering his chin.

The Panthers host the New York Islanders in Game 1 on Thursday.

For a seasoned Panther like Jaromir Jagr, the playoff beard is no big deal. For some of the younger guys and playoff first-timers like Jonathan Huberdeau, the tradition has been on their mind for a few weeks.

Huberdeau's beard is quite full right now. But how?

"Cheating, I think they call it," Huberdeau confessed.

Turns out, Huberdeau started his playoff beard a few weeks early, fearful he wouldn't be able to get it filled in properly when the post-season started.

THE ASSOCIATED PRESS

IN BRIEF

Cavs locked into No. 1 spot
LeBron James scored 34 points in three quarters, Kyrie Irving added 35 and the Cleveland Cavaliers clinched the top seed in the Eastern Conference playoffs with a 109-94 win over the Atlanta Hawks on Monday night.

James scored 19 in the third quarter and only sat for four of the first 36 minutes as the Cavs ensured they'll have home-court advantage until the NBA Finals.

THE ASSOCIATED PRESS

Legendary Habs coach begins therapy after stroke
Hospital officials say Sen. Jacques Demers has begun therapy and that his health is continuing to improve after his stroke last week.

They said in a statement Monday afternoon the 71-year-old's overall medical condition is stable.

Demers, who coached the Canadiens to their 1993 Stanley Cup, was rushed to hospital last Wednesday night. THE CANADIAN PRESS

Police plan to add charge to accused in Smith shooting
New Orleans Police say they plan to add a new charge against the man accused of killing former Saints player Will Smith. The charge will involve the shooting of Smith's wife, Racquel.

Investigators have not yet decided whether to re-arrest Cardell Hayes on a charge of attempted murder or aggravated battery in the shooting that left her with a leg injury. THE ASSOCIATED PRESS

YOU'RE MORE THAN ONE THING.
SO ARE WE.

RECIPE Chopped Chicken and Asparagus Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love half-homemade dishes. Pick up a rotisserie chicken from the store, do some chopping and assemble — you'll have a great dinner salad that yields lots of leftovers.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 1/2 whole roasted chicken, white meat sliced and cut into bite size chunks
- 1 cup shaved cheddar cheese
- 1 red pepper, sliced and chopped
- 1 bunch of asparagus, steamed and chopped
- 4 kale leaves, stemmed and chopped

Directions

1. In a tall, lidded pot, place two inches of water. Tie asparagus into a bundle with string and place in pot upright. Cook for 3 to 8 minutes depending on thickness. Remove from water and set aside.

2. Chop chicken meat and place in a large mixing bowl.

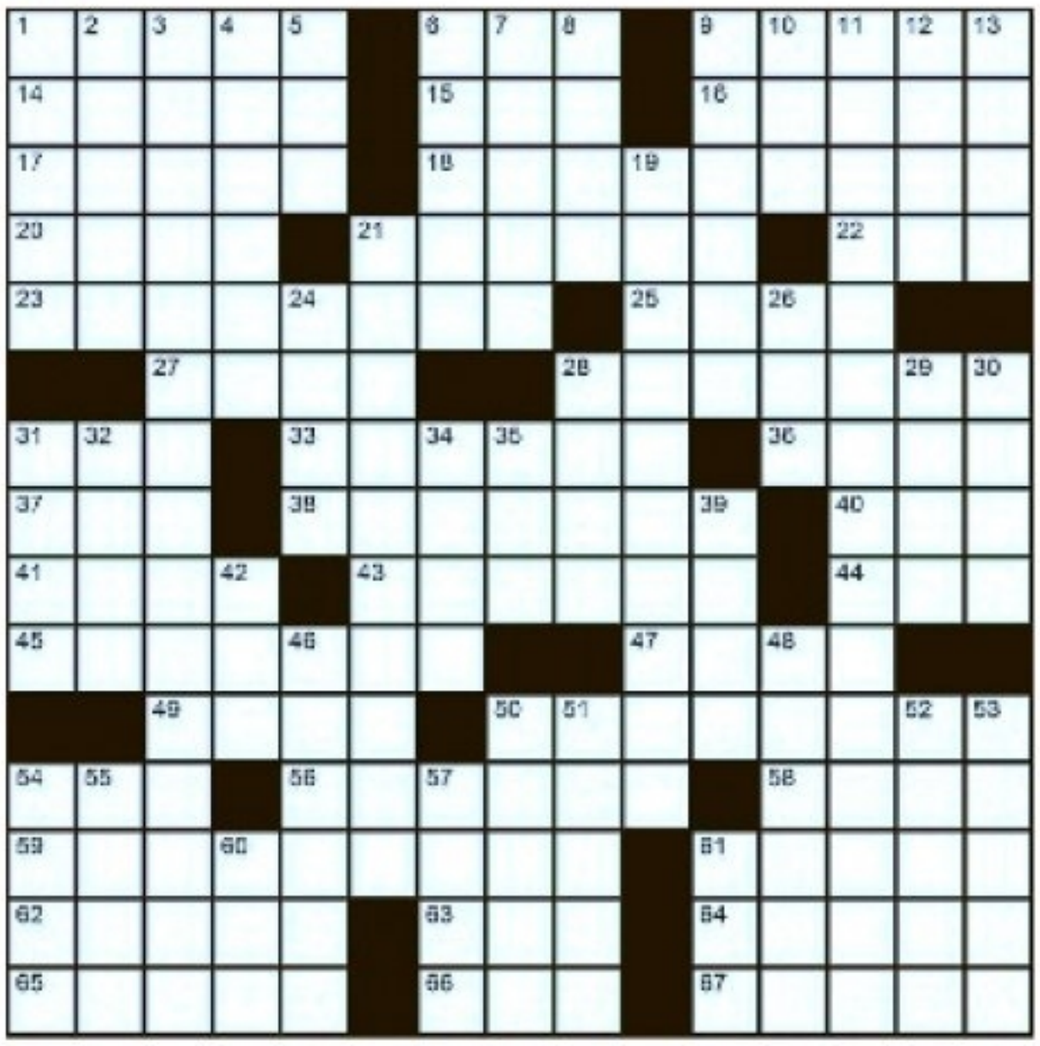
3. Shave cheese and cut asparagus into bite size pieces similar in size to chicken. Chop red pepper. Combine chicken, cheese, asparagus and red pepper into bowl and gently mix. Drizzle desired amount of dressing into salad.

4. Arrange chopped kale on plates and then spoon chicken salad over top and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Vancouver-born actress Ms. Smulders
6. River of Hiroshima
9. Amu _ (River in Asia)
14. Hoop-shaped
15. Fabled flapper
16. Hunter constellation
17. Singer Ms. Menzel
18. Hindrances
20. Montreal 'Miss', mini-ly
21. Hours: French
22. Laugh half
23. "Halifax" is a song on the new album 'ArrangingTime' by what American singer?: 2 wds.
25. 1973 to 1974 police series
27. Superstar
28. Wine/fruit punch
31. Climber's conquest, curtly
33. Andean animals
36. Nero's 1605
37. Gang
38. Alaska's archipelago-dwelling bears
40. 'Sun' completer (Dessert)
41. Gator's look-alike
43. Put on that Spring jacket: 2 wds.
44. Hosp. professionals
45. 'Shrinking' flowers
47. Minimum _
49. Modelling's Miranda
50. Tires brand
54. Flight tower serv. for planes
56. Tower of London guard
58. Man _ _ Mancha (Musical)
59. Novelist, William Makepeace _ (b.1811 - d.1863)
61. Madrid 'waters'
62. Motor scooter company
63. Soul, in Paris
64. Mail: French
65. "For he that _ through Morgoth's eyes..." - J.R.R. Tolkien, The Silmarillion
66. Pot's cover
67. "The Biggest _" (NBC show)

DOWN
1. Style with a 1980s hair iron
2. "Tee-_-Un-Bum-Bo"
3. Living room feature: 2 wds.
4. Requiring resources: 2 wds.
5. Q. "Is Phys. _. _ class we have to take?" A. "Unfortunately."
6. Dictate
7. Bruce Springsteen's "Born _ _"
8. Buying _ _ (Dealership transaction)
9. Canadian singer Fefe
10. 'Masc' ender
(Eye makeup)
11. Actor who brought Duddy Kravitz to life on the silver screen: 2 wds.
12. Aviator's steering wheel
13. Grande-_ (New Brunswick village)
19. Alberta city south of Edmonton
21. Vancouver... Landmark in Stanley Park that's over 700 years old: 2 wds.
24. Egg part
26. Movie studio
28. France/Germany river
29. The Who's "_ _ See for Miles"
30. Holy hails
31. Gladiator's 2105
32. Ms. Spelling
34. Tangy drinks
35. "Mamma _!" (2008)
39. Headliner
42. Key: French
46. Singer/actress, _ Badu
48. "Slide" by The _ _ Dolls
50. Savoury fifth taste
51. Gave a 'Yea'-opposing vote
52. Winged
53. Dermatologist's tool
54. Off-road rides, commonly
55. 'You' of yore
57. _-B (Toothbrush brand)
60. Ship's leader [abbr.]
61. will.i.am's bandmate, _.de.ap

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Give yourself extra time this morning so you have wiggle room to deal with surprises, because something unexpected will occur. Forgotten appointments or sudden changes are likely.

Taurus April 21 - May 21
Disputes about inheritances and shared property are likely now. This morning, unexpected news could affect these arrangements. Stay on top of things!

Gemini May 22 - June 21
Today the Moon is in your sign, which makes you more emotional than usual; however, it also favours you with good luck. Unexpected news might catch you off guard.

Cancer June 22 - July 23
Something might make you feel unsettled or uncertain about things today. If this is the case, reserve important decisions for the morning, and do nothing in the afternoon. Just coast.

Leo July 24 - Aug. 23
This is a fun day! Enjoy the company of others; however, don't commit to anything this afternoon. (You might meet a real character this morning or someone you know might do something that amazes you.)

Virgo Aug. 24 - Sept. 23
Bosses, parents and VIPs might throw you a curveball this morning. Wait until tomorrow to respond. You'll be glad you did.

Libra Sept. 24 - Oct. 23
Travel plans will be interrupted this morning. However, by contrast, you suddenly might have to travel somewhere even though you didn't expect to do so. "Whaaat?"

Scorpio Oct. 24 - Nov. 22
When dealing with shared property, taxes, debt and inheritances, restrict your decisions to this morning. Furthermore, expect a few surprises! (Know your stuff.)

Sagittarius Nov. 23 - Dec. 21
A partner or a close friend might say or do something you least expect this morning. However, you might like it. Whatever happens might give you more freedom in some way.

Capricorn Dec. 22 - Jan. 20
Your work routine will be interrupted this morning because of power outages, computer crashes, staff shortages or something unexpected.

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day for your kids, especially this morning. Therefore, be vigilant and know what's going on.

Pisces
Feb. 20 - March 20
Small appliances might break down this morning or minor breakages could occur because your home routine will have some speed bumps. Definitely. Perhaps surprise company will knock on your door.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				2		1		9
	3							
			5		8			6
		1	3			9		
4								2
		8			6	5		
9			2		1			
							2	
7		6		8				

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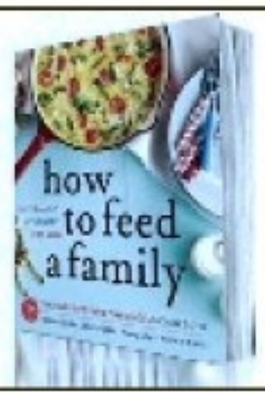

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

1	2	3	8	4	6	7	9	5
7	4	9	3	5	1	2	6	8
5	8	6	2	7	9	4	3	1
3	1	8	5	2	7	6	4	9
6	7	4	9	1	3	5	8	2
2	9	5	4	6	8	3	1	7
9	6	2	7	8	4	1	5	3
8	5	1	6	3	2	9	7	4
4	3	7	1	9	5	8	2	6

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